



Adventist[®]
HealthyYOU
JOY OF EATING

<https://nadhealth.org>



Chia Seed Pudding

By Kati Britton

Ingredients

- 4 Tbsp Chia Seeds
- 1 Cup Unsweetened Almond Milk
- 1 Tbsp Maple Syrup or Honey
- 1/4 tsp Vanilla Extract
- Toppings of Your Choice: Granola, Berries, Nut Butter

Instructions

1. In a bowl, mix the chia seeds, almond milk, sweetener, and vanilla.
2. Let sit for 10-15 minutes (or overnight) in the fridge.
3. Once you're ready to eat, add your toppings and enjoy.
4. You can store this for up to a week in the fridge.